



# Zucchini

Zucchini is a fleshy vegetable protected with a hard rind. The skins can be eaten and are where much of the nutritional benefits are.

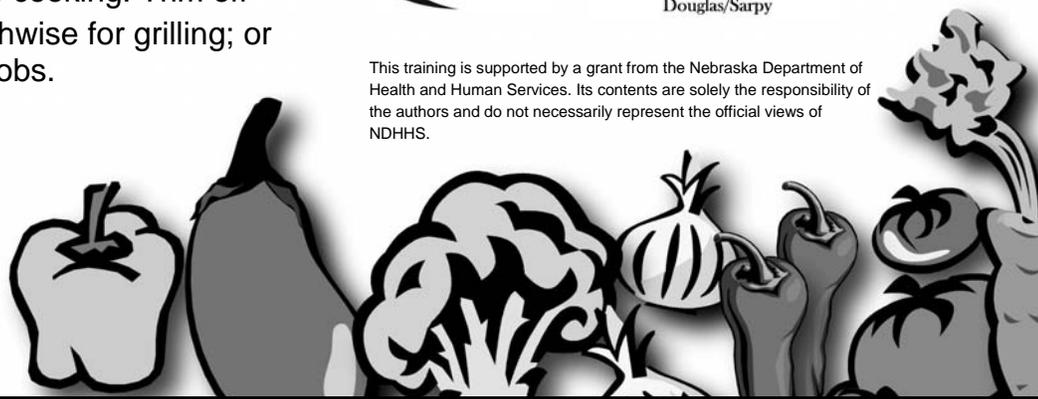
**Store:** Store unwashed zucchini in a plastic bag and place in the refrigerator drawer for up to a week.

**Prepare:** Wash right before cooking. Trim off stem end and cut in half lengthwise for grilling; or cut into chunks for shish-ka-bobs.

**Serve:** Raw, broiled, steamed, fried, grilled, sautéed, or stir-fried



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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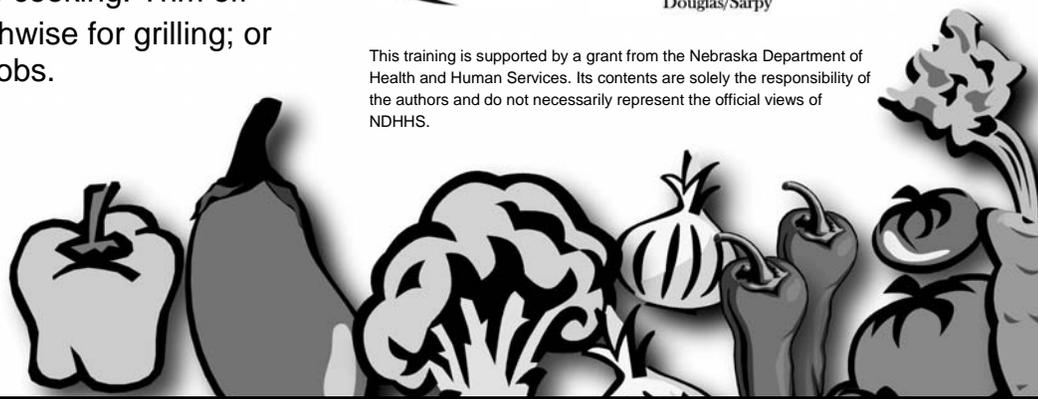
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# Zucchini Recipe

## Zucchini, Tomato and Provolone Bake

### Ingredients

1 pound zucchini squash  
1 pound plum tomatoes, cut into ¼ inch slices  
¼ cup prepared pesto  
8 slices Sargento sliced reduced sodium Provolone cheese

Baking up bubbly and zesty in less than an hour. Sargento Sliced Reduced Sodium Provolone Cheese makes this casserole an easy treat.

### Directions:

Wash zucchini but do not dry. Cut crosswise into ¼ inch thick slices; place in a microwave-safe casserole dish.

Cover with lid. Cook in microwave oven 3 to 4 minutes or until crisp-tender. Drain in colander; rinse with cold water to stop cooking. Transfer to clean kitchen towel or paper towels to dry. Toss zucchini with pesto sauce and pepper. Sprinkle ½ cup breadcrumbs in bottom of 8 or 9-inch baking dish. Spoon half of zucchini mixture evenly over crumbs. Arrange half of tomato slices over zucchini; top with 4 slices cheese. Repeat layering with remaining zucchini mixture, tomatoes, cheese and breadcrumbs.

Bake in a preheated 375°F oven 25 to 30 minutes or until golden brown.

enjoy!



Source:  
Submitted by Sargento  
<http://allrecipes.com/Recipe/Zucchini-Tomato-and-Provolone-Bake/Detail.aspx>



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